

## BANG BANG SALMON BOWL DF

4 portions

### INGREDIENTS

- 24 oz of fish, salmon, coho, wild, raw (680 g)
- 1 tbsp of spices, paprika (7 g)
- 1 packed tsp of sugars, brown (5 g)
- 1 tsp of salt, table (6 g)
- 3/4 tsp of spices, onion powder (2 g)
- 3/4 tsp of spices, garlic powder (2 g)
- 1/2 tsp of spices, pepper, red or cayenne (1 g) - adjust to preference
- 1/2 tsp, leaves of spices, oregano, dried (1 g)
- 1/2 tsp, ground of spices, thyme, dried (1 g)
- 1/3 cups of mayonnaise, reduced fat, with olive oil (77 g)
- 1 tbsp plus 1 tsp of honey (28 g)
- 2 tsps of sauce, hot chile, sriracha (13 g)
- 1 tsp of vinegar, rice (5 g)
- 1 cup of rice, white, raw (185 g)
- 1 cup grated of carrots, raw (110 g)
- 1/4 cucumber, with peel, sliced (75 g) - or use a baby cucumber
- 1 cup of edamame, thawed, beans only (155 g)

### COOKING METHOD

- 1° Preheat your oven to 400. Line a baking sheet with tinfoil and spray lightly with oil. Prepare the rice to package directions.
- 2° In a large bowl, mix together the paprika, brown sugar, salt, onion powder, garlic powder, cayenne, oregano, and thyme. Cut your salmon into medium-sized nuggets and add them to the bowl with the seasoning mix. Toss to evenly coat. Add the salmon nuggets to the prepared baking sheet, evenly spaced out, and bake for 8 minutes, or until they flake apart. Option to broil these on high for an additional 1 or 2 min. Remove from the oven and set aside.
- 3° While the salmon is baking, prepare the bang bang sauce by mixing together the greek yogurt, honey, sriracha, and rice vinegar in a small bowl. Slice the cucumber and shred the carrots if necessary.
- 4° When all the components are prepared, assemble the bowls, dividing the ingredients 4 ways. Add rice and carrots as the base, add the salmon, then top with cucumbers, edamame, and bang bang sauce. Store in the fridge.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (338 g)	% DRI
ENERGY	173 kcal	586 kcal	29 %
FAT	6 g	20 g	31 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	25 mg	83 mg	28 %
SODIUM	269 mg	908 mg	38 %
CARBOHYDRATE	16 g	53 g	18 %
SUGARS	3 g	10 g	—
FIBER	1 g	4 g	18 %
PROTEIN	14 g	46 g	—